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OTTAWA • TUESDAY, OCTOBER 21, 2008

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Fire forces rural school to shut down

BLAZE A rural Ottawa elementary school closed for the day after a fire broke out yesterday morning, causing tens of thousands of dollars worth of damage.

At 6:46 a.m., Ottawa firefighters received a call to Munster Elementary School in the city's southwest end, where a fire was reported.

Forty-two firefighters with 21 apparatus attended the school on Bleeks Avenue, where it took them about an hour to put the fire out.

Firefighters said the blaze is not considered to be suspicious and is believed to have started accidentally in the baseboard heaters in one of the classrooms.

Although the fire only damaged a single classroom, it caused smoke damage to the rest of the building.

Firefighters remained at the scene for several hours afterward to ventilate the building.

TRACEY TONG/METRO OTTAWA

Entertainment pg 12



Keane fears crisis crunch

News pg 7

Palin choice dogs McCain

Sports pg 10

Odds makers favour Rays

ShareYourViews
ottawaleaders@metronews.ca

Dion departing

Liberal leader to step aside after successor is named

"I failed."

With those words, Stéphane Dion gave up the Liberal leadership, a prize hard-won less than two years ago and lost in the wake of the worst election results for the party in 20 years.

Dion, who had been in seclusion since the Oct. 14 election that cost the Liberals 19 seats, was at times reflective, defiant and even a little emotional as he told a news con-

ference yesterday about his decision to step aside.

"In my consultations it became very clear that in the door-to-door (election) canvassing, my colleagues, my friends were told 'We don't like your leader,'" Dion said bluntly.

Dion said he would remain leader until a replacement is chosen,

which may not happen until a party convention scheduled for May.

Dion, a former academic who defied expectations and seized the party's leadership in December, 2006, says his election hopes were sunk by the Conservatives' "massive" advertising onslaught against him personally and



Dion

against his carbon-tax-based Green Shift environmental policy.

Dion's decision sets in motion another leadership contest for the Liberals. Expected contenders such as Toronto MPs Bob Rae and Michael Ignatieff — who lost to Dion in the last race — paid tribute to him yesterday but were mum on their own political aspirations.

TORSTAR NEWS SERVICE

Concert Coldplay rocks Scotiabank Place



ETIENNE RANGER/COR METRO OTTAWA

Coldplay's Jonny Buckland, left, heats up on the guitar and Chris Martin belts it out on vocals as the world-renowned British band rocks the house for the thousands in attendance at Scotiabank Place last night.

Canadian poverty levels soaring: Study

ANALYSIS Poverty and inequality rates in Canada have been on the rise since 1995 and are now higher than the average developed nation, according to a new study.

The income gap is growing throughout the developed world, but the gap between rich and poor in Canada widened more dramatically than in most countries between 1995 and 2005, ac-

Possible reasons

- Canada spends less on cash transfers, such as unemployment and family benefits, than other OECD

countries and that may be one of the reasons the country fares worse than others, the report suggests.

cording to the report released in Paris today.

The 20-year analysis by the 30-member Organization for Economic Co-Operation and Development found only Germany saw

a similar rate of increase during the past 10 years.

"After 20 years of continuous decline, both inequality and poverty rates (in Canada) have increased rapidly in the

past 10 years, now reaching levels above the OECD average," says the report.

As in other countries, more single-parent households and people living alone are contributing to income inequality in Canada. And wages for the rich are increasing, while they have been stagnating or dropping for middle and lower income workers, the report says.

TORSTAR NEWS SERVICE

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Pumpkin Patrol is ready to roll for Halloween

The Rogers Pumpkin Patrol kicks off its 24th annual safety program at Cambridge Public School today. Starting at dusk on Halloween, volunteers in red Rogers Cable vans will be out on Ottawa streets to keep a watchful eye on trick-or-treaters. **ROGERS PUMPKIN PATROL**

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Ottawa



Sewage spill audit

City Auditor General Alain Lalonde will present reports from an audit of the 2006 sewage spill that dumped nearly a million cubic metres of raw waste into the Ottawa River at a city council meeting tomorrow. Earlier this month, the city was charged \$562,500 for the spill that went unreported for a year and a half. **CITY OF OTTAWA**

New officers 'know policing'

TRACEY TONG
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For Const. Ed Barry, joining the Ottawa police force was like coming home.

In many ways, Barry, who lived in the nation's capital for eight years as a child in the 70s, has come full circle. After spending six years as a constable with the Toronto Police, he's returned to make a difference on the streets of Ottawa.

"Toronto is a lot bigger than Ottawa, but I think its

problems are probably pretty similar," he said, citing gangs, traffic problems and drugs as issues in both cities.

Barry said moving to Ottawa will also bring the family closer to his wife's hometown of Kingston.

"I'm very glad to be here," he said. "My family is very happy."

The officer was one of 20 direct-entry police constables — experienced officers hired from other forces — sworn in to the Ottawa Police Service yesterday.

While many of the officers are originally from the

Direct to patrol

• While new recruits can be put on the street within eight to 10 months, direct-entry officers are on the beat within weeks.

area, some went to school here and others married someone who was from the area, said Ottawa Police Chief Vern White.

Many of the officers were hired from the Greater Toronto area, including York Region, Durham Region and Toronto, but oth-

ers are from the Ontario Provincial Police, the RCMP or a Quebec police force, he said.

In any case, all bring experience with them. "They know policing," which will be an asset to the city, said White.

Const. Tremaine Samuels was a sergeant with the Peel Police with 22 years of service when he came to Ottawa, where his wife's family is from.

"We looked at the quality of life and relocating to Ottawa was better for the family," he said.

Farmers' market has less land in park plans

TIM WIECLAWSKI
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Operators of the Ottawa Farmers' Market are unimpressed with the sliver of space dedicated to them in a proposed redevelopment of Lansdowne Park.

Andy Terauds, president of the Ottawa Farmers' Market Association, said it seems the proponents of the Lansdowne Park redevelopment are only giving lip service to the market because it's fashionable, but do not intend to have a viable year-round market.

"They are trying to squeeze us into a very small space that we don't fit into already. We want to make sure that we have adequate space for the kind of things that people want. People want a vibrant market. Fifteen or 20 stalls doesn't do that," he said.

On Friday, a quartet of prominent businessmen unveiled their vision for a new Lansdowne Park,

Sounds fishy

• The developers, who have dubbed their vision "Lansdowne Live," are proposing to turn the pavilion into a walk-through aquarium.

which included a 25,000-seat stadium, a hotel, condos, a restaurant and a market plaza that is a fraction of the place it occupies.

Although the proposal was formally submitted yesterday, there is still time to modify the original proposal, said Minto Group chairman Roger Greenberg. The proposal is only the second step in a long process, he said.

In the meantime, market vendors are worried about what will happen to their businesses.

"People wouldn't come out for a small market, not like they do for here," said Morrison's Fudge owner Dale Morrison, who has been a member of the market since it opened.

Fresh spin on record sales wins EBay award

TIM WIECLAWSKI
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They're the type of guys you'd expect to see in a store that sells rare vinyl records — young, hip and shaggy music lovers.

But Pat McNally, 25, and Matt Oehmen, 23, don't work in a conventional record store. The pair sells records through an online store on EBay, and business is good.

So good, in fact, that the owners of Honest Red's Records were named EBay Canada's young entrepreneurs of the year.

A year ago, Oehmen came to Ottawa with a truckload of old records and no job. He had been doing online sales for a record store in Halifax, so to make some money, he began auctioning off his records.

His first sale, the Beatles' Abbey Road, sold for \$1,000, and the business grew from there. Now, they're averaging 100



Pat McNally, 25, at left, and Matt Oehmen, 23, were named EBay Canada's 2008 Young Entrepreneurs of the Year for their record business, Honest Red's Records.

records per month to buyers around the world.

"It's actually a lot of work," said McNally. "We spend a lot of time looking around for records."

"You have to be willing to just buy a whole stack and hope there's something

good in it," Oehmen added. "It's a lot like gambling."

Their recent award netted the duo \$2,000 in prize money, which Oehmen said they will use to augment their stock of 1,500 records and 1,000 45s.

Despite their success — or

maybe because of it — they have no plans to open a real store.

"Online is definitely the way to go. You don't have to pay rent. We store all our stuff in the basement. It's just way easier," Oehmen said.

News in brief

BLAZE A fire that broke out in a Bells Corners trailer park yesterday morning caused \$30,000 worth of damage. Firefighters were called to 12 Pacific Ave. at 7:22 a.m. and found a mobile home on fire. Twenty-nine firefighters with 10 vehicles, including seven trucks, attended the scene. It took about half an hour to put out the fire, which extended to the floor, walls and the ceiling. The fire caused about \$20,000 damage to the home and \$10,000 damage to the contents. The owners were not home at the time.

TRACEY TONG / METRO OTTAWA

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Lotteries

Ontario Pick 3	371
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As the federal government works to draft regulations prohibiting the importation, sale and advertising of polycarbonate baby bottles that contain bisphenol A, Born Free Canada, of Vaughan, Ont., finds its products in high demand. The company says it's the only Canadian manufacturer of BPA-free baby bottles. **REUTERS**

Canada



Dairy farmer in contempt

Dairy farmer Michael Schmidt was found in contempt of court yesterday for distributing raw milk from a co-operative farm he runs in Owen Sound, Ont. For health reasons, the sale of raw milk is illegal in Canada. Schmidt said he does not sell or distribute raw milk, but simply provides the milk to the cow's owners, all of whom pay to board the 300 cows at his farm.

TORSTAR NEWS SERVICE

Feds to help Canadian banks compete

ECONOMY Finance Minister Jim Flaherty is set to announce measures this week to help domestic banks keep up with their foreign competitors, which are benefiting from government bailouts and guarantees.

Flaherty was en route to Ottawa yesterday to discuss

a series of options with officials in his department, a source familiar with the situation said.

An announcement should be made "sooner rather than later," he said, when asked if an announcement would come this week.

REUTERS

News in brief

DELAYS Air Canada suffered a computer glitch that prompted an unspecified number of flight delays across its Canadian network yesterday, a spokesman said.

AIR SAFETY Since March 5, 15 pilots at Toronto airports have complained that someone shined laser pointers at incoming or outgoing aircraft, blinding the pilots.

REUTERS

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Ontario to run deficit

Premier McGuinty says red ink will help province rebound

Ontario will run a "temporary" budget deficit to protect social services and preserve infrastructure spending, Premier Dalton McGuinty says.

McGuinty, taking part in a one-day meeting on the economy with Canada's provincial and territorial leaders, conceded that tomorrow's fall economic statement by Finance Minister Dwight Duncan would be awash in red ink.

"The advice that I've given to Dwight is, 'Don't run a deficit unless it would mean that we would cause further harm to our economy, and unless it would mean that we're going to cut back on public services,'" the premier told reporters yesterday.

"We've got 200,000 people who lost their job, so



Ontario Premier Dalton McGuinty talks with reporters before the Council of the Federation meeting yesterday in Montreal.

now I'm going to shut down their hospitals? It doesn't make any sense. Or cancel infrastructure programs that are an economic stimulus and that employ people?" he said.

"If you can, treat it as something that is tempo-

rary. It's accompanied by a plan that has you getting yourself out of a deficit position, then that's more of an acceptable deficit."

Ontario has had three straight balanced budgets since 2005-06.

TORSTAR NEWS SERVICE

Residential school probe head resigns

POWER STRUGGLE The high-profile examination into the systemic abuse of aboriginal children at church-run residential schools

ground to a halt yesterday when the head of the federal commission abruptly resigned, citing a power struggle.

The Indian Residential Schools Truth and Reconciliation Commission is supposed to listen to some of the 150,000 aboriginals who were forced into residential schools, where many say they were abused.

Problem

• Chairman Harry LaForme cited an "incurable problem" as the reason for his resignation, saying the two commissioners working under him would not take his directions.

REUTERS

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Dominion

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Pembroke Mall
Perth
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Comment & Views

Comment

Dion deserves more time

National Report

Lawrence Martin



Stéphane Dion made a smart move yesterday — at least from his own point of view. Step down, yes. But not now.

Being the bizarre game that it is, politics produces many unpredictable twists. Minority governments can fall — quickly and unexpectedly. Remember Joe Clark's in 1979?

Staying on gives the Liberal leader that remote

possibility — another election. It gives him an opportunity, with an honourable performance over the next seven months, to improve his image.

The Liberals didn't have anyone in the wings who would have been an impressive interim leader. Paul Martin stepped down right away after being defeated in the 2006 campaign — and now regrets having done so. There was no hurry. His party would have fared much better in the interim under Mr. Martin than it did under Bill Graham.

Given his weak performance as captain of the team, Mr. Dion deserves much of the criticism he has received. But by historical standards, he deserves a little more time. Lester Pearson

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job.

son suffered a worse thrashing than him in the 1958 campaign. John Turner did worse in the 1984 campaign. And both stayed on.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job. It's been an added problem ever since he took the reins.

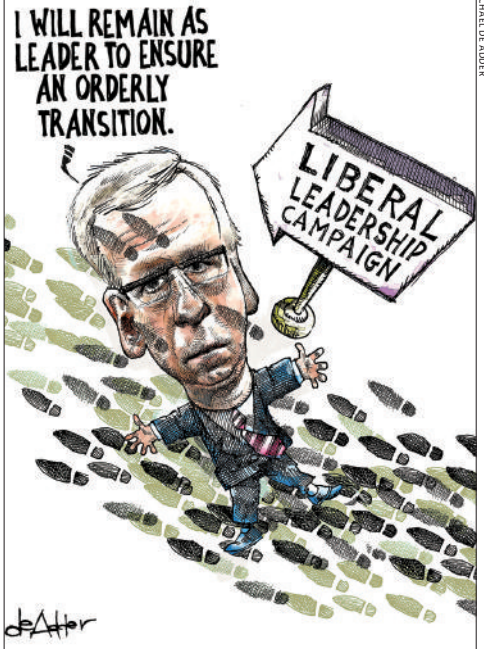
Now all hell will break loose in the party in the scramble to succeed him. Bob Rae and Michael Ig-

natieff start way out in front. They are both quality candidates.

Some want Frank McKenna to make a political comeback, but he would be wise to stay on the sidelines. He has been out of politics for more than a decade and is rusty. He has no experience at the federal level.

In Mr. Rae and Mr. Ignatieff the Liberals have two compelling candidates. Had they picked one of them the first time round they wouldn't have been in the predicament they find themselves in now. One of them might have been prime minister today.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



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Sex shop body spreads tainted

Chocolate-flavoured body spreads sold in British sex shops have been found to be tainted with melamine, the chemical that made thousands of babies ill in China, food safety authorities said yesterday. **REUTERS**

World/Business

McCain blasted for picking Palin

With the U.S. financial crisis dominating voter concerns just two weeks before election day, Republican John McCain is facing renewed criticism for his choice of Sarah Palin as a vice-presidential running mate.

Conservative commentators, late-night comedians and even retired Gen. Colin Powell have questioned the Arizona senator's judgment for putting the little-known Alaska governor on the White House ticket. Palin, a mother of five whose staunch opposition to abortion rights has energized her party's base, is still drawing large crowds and bringing conser-

vative voters who were wary of McCain back to the Republican fold.

But crucial independents in must-win battleground states on Nov. 4 are having second thoughts, analysts say, after Palin's performance on the national stage failed to illustrate her readiness to take over the country's top job.

Powell, a Republican former secretary of state under President George W. Bush, cited McCain's shaky response to the financial crisis and his choice of Palin as one reason he crossed party lines to endorse Democrat Barack Obama.



CARLOS BARRIA/REUTERS

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News in brief

UFO Two U.S. fighter planes were scrambled and ordered to shoot down an unidentified flying object (UFO) over the English countryside during the Cold War, according to secret files made public yesterday.

CIGARETTES Delegates from more than 150 countries met yesterday to push for a wide-ranging pact to curb the booming trade in cigarette smuggling. **REUTERS**

Business

Limited chance to clean emissions: Agency

The International Energy Agency says countries aren't doing enough to develop and deploy systems that capture emissions.

Nobuo Tanaka, executive director of the agency, put it bluntly: "The window of opportunity is closing." In Canada, Alberta and

Saskatchewan are taking the lead on capture and storage, but even the most advanced project is still seven years away, at best.

The agency said if such projects are not implemented soon, their ability to cut gasses will be ineffective. **TORSTAR NEWS SERVICE**

In brief

ECONOMY U.S. Federal Reserve chairman Ben Bernanke said he supports a second stimulus package to follow a \$100-billion tax rebate this summer.

WIRELESS Research in Motion shares fell 10 per cent as analysts said sales trends were weaker than hoped. **REUTERS**

Wise Advice for Recessionary Times

Guest Editorial
by James Ryder

OTTAWA — Many years ago a close family friend, who I called Uncle Ted, gave me the most valuable gift I've ever received. It's probably been worth tens of thousands of dollars to me.

He gave me the gift in 1989. I didn't use it right away, but within two years it was already worth thousands of dollars to me. I've pulled it out every few years since that time and it has served me well.

Uncle Ted was a very successful businessman. And he had this uncanny ability to prosper during bad times. I'd swear, the tougher the times got the more money he made. He loved recessions. Every time a recession started he'd get this sly smile on his face.

Have you figured out what the gift was? Was it a stock that increased in value? A piece of real estate that appreciated? A business that grew? No. It was none of those things.

The gift Uncle Ted gave me was wisdom!

And you may have also figured out that his gift

was designed to be used during recessionary times.

Uncle Ted was a very practical man. He always got right to the point. He always encouraged questions as long as you did something. Uncle Ted's wisdom was actually very simple. He told me there are three things you should do at the first sign of a recession.

I call them "Uncle Ted's Three Rules." Here they are:

Uncle Ted's Rule #1 — Manage your cash flow. — This rule is pretty straight forward. Uncle Ted pulled no punches when it came to cash flow. "All you have to do is spend less than you make and use the difference to pay your debts. It ain't rocket science," he would say. "If it means you eat macaroni and cheese for a few months, then so be it!"

Uncle Ted's Rule #2 — Get educated. To Uncle Ted that meant one thing: learn about business. "The best time to start a business in when everyone else is too scared to do it. But you've got to learn which businesses will survive and even prosper during a recession and which ones to avoid. Talk to

successful business owners, observe which businesses prosper, attend workshops and ask a lot of questions."

Uncle Ted's Rule #3 — Start a business. "I don't care if you do it part-time or full-time. I don't care if you make \$500 a month or \$50,000 a month... just do it," he would say. "When other businesses are closing because of the recession, start a lean and mean business that takes advantage of the recession."

I've applied "Uncle Ted's Three Rules" in every recession since 1991. As simple as the rules are, they work!

In recent years, Uncle Ted believed the Internet was one of the best places to start a business. "Just make sure you get advice from someone who's actually making money from the Internet," he would tell me.

In these uncertain times, I'm applying his rules yet again. I can almost hear Uncle Ted saying to me right now, "Hang on to your hat James, this is gonna be a good one."

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- ✓ Quickly earn monthly commissions from Google — for driving qualified traffic to your websites!

- ✓ No idea what to sell to make a profit? Sean's 5 easy steps to choosing a hot niche market will show you how to quickly and easily create products to sell for big bucks.
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— Craig Hayward

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— Sharon Lewis

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9:00 am, 1:30pm & 7:00 pm
Embassy West Hotel & Conference Centre
1400 Carling Avenue

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DIRECTED BY LISE ANN JOHNSON

OCT 21 - NOV 9 2008

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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SmartCookies



In recent weeks it's been hard to avoid being inundated by information about the economy and stock market. If you have found yourself in the middle of a conversation and feeling totally out of the loop about stocks, bonds and mutual funds, we are here to simplify the world of investing using an analogy most of us can understand — our wardrobes!

Let's begin with the basics — if we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on. For example, a plain white

button-down or a pair of straight-leg jeans.

Bonds are issued by companies and municipal, provincial and federal governments. In exchange for you lending them money, they issue a bond that promises to pay you back your money in the future plus interest. Bonds are much less risky than stocks.

Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy.

When you buy a stock, you buy a part of a business. As the value of the business or company fluctuates, the value of the owner's "share" also increases or decreases.

Of course, some companies are riskier than others. If you choose to invest your money in a blue chip company (a company that

A financial 'wardrobe'

is well-established and well-respected) — as opposed to a newly public company — you may make less money in the end, but the risk of losing money is not as great.

Last, we have mutual funds. Mutual funds represent what your closet should look like: A balance of basics that you can count on, mixed with other pieces you're betting will enhance the overall worth of your wardrobe (although there is a risk that they may not).

So, if one piece drops out of fashion, or decreases in value, you still have many others to offset the loss.

Mutual funds offer you an opportunity to contribute money into a pool with other investors to purchase large amounts of stocks, bonds or both. You invest in a fund, run by a professional, who buys shares or stock or bonds.

Mutual funds offer some unique advantages. As mentioned, these funds are comprised of both stocks and bonds, so through diversifying your investment, you lower your risk.

Also, as a general rule, you are able to sell shares quickly if you are in need of some cash. Lastly, there is a professional overseeing your investments.

For more information on investing, check out our new book Smart Cookies Guide to Making More Dough, on sale in book stores this month and visit smartcookies.com for more on living your richest life. If you have questions or comments for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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business 9

Your Money

Survival of the small business

MoneyMatters

Henry Choo Chong

choochonghcgga@yahoo.ca

Q I operate a small retail home furnishing store and a warehouse that supplies other small stores. I have reduced inventory at both locations and have mounted an advertising campaign. What other steps can I take to ensure the viability of my business?

Kim

A Many small businesses must develop strategies to ensure the survival of their business in the event of an economic downturn in Canada. These are not times for "business as usual."

Cash Flows: No business stays afloat without a continued cash flow. Review your credit policies and those of suppliers.

Sales:

Continue to attract new customers, however do not ignore your existing client base. Where else can you receive better references? It is also cheaper.

Cost:

Fixed costs do not change with the economic climate. Pay closer attention to managing other costs.

Employees:

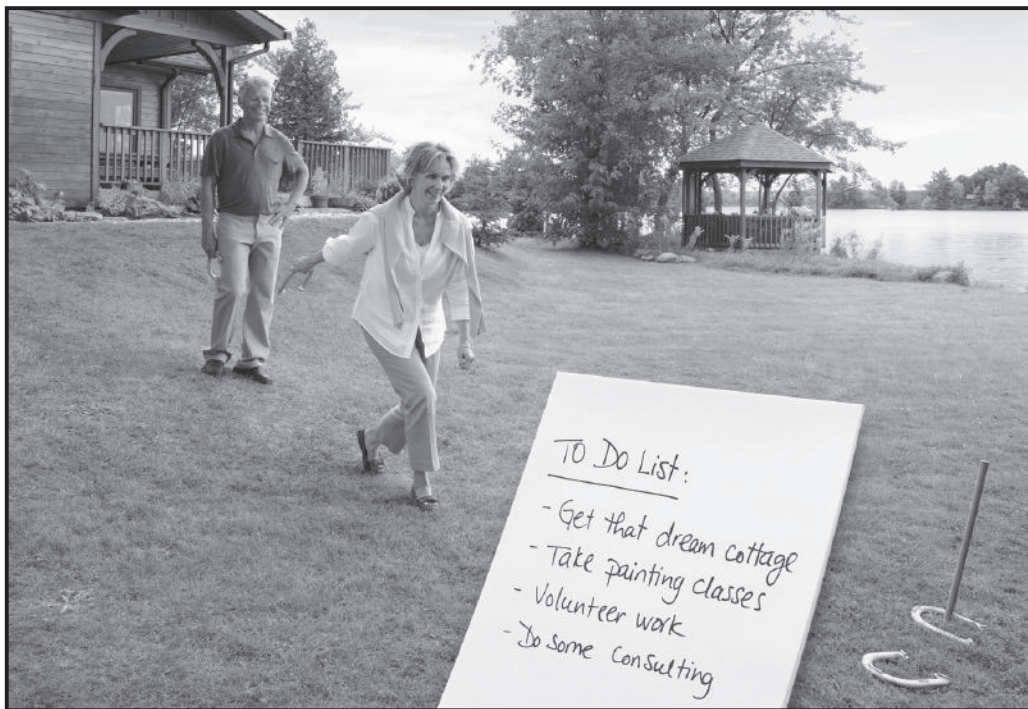
Treat them right. They can make or break a business.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcgga@yahoo.ca.

Investing

Allan Small

Have we hit rock bottom in the markets? Read this week's column at metronews.ca.



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Ottawa 67's coach Brian Kilrea coached in his 2,100th CHL game Sunday, a 6-2 win over the Sault Ste. Marie Greyhounds. Kilrea, already the Canadian Hockey League record holder for most wins as a coach, added to that total with victory No. 1,159. **2,100 games**
METRO NEWS SERVICES

Sports



Heavyweight franchises unite over food

The Dallas Cowboys and New York Yankees are forming a company to handle concession and merchandise sales at their new stadiums. Former Pizza Hut president Michael Rawlings will serve as CEO. Each club will move into a new stadium next year, and Cowboys and Yankees officials said at a news conference yesterday that the company will allow them to provide better food options for fans. **THE ASSOCIATED PRESS**

SPORTS@METRONews.CA

Sports in brief

NFL Suspended Dallas Cowboys cornerback Adam (Pacman) Jones has entered an alcohol treatment facility. The

troubled player has checked in to a facility, Cowboys owner Jerry Jones said Monday. The league suspended Adam Jones

for at least four games last Tuesday for again violating its personal conduct policy.

METRO NEWS SERVICES

Vegas seeing more than just Ray of hope

YorkReport

Marty York

marty.york@metronews.ca

The Tampa Bay Rays, whose worst-to-first ascent ranks as baseball's story of the year (and maybe the century), have been established as relatively heavy favourites to win the 2008 World Series.

Odds makers have decided bettors must lay \$1.50 on the Rays to win a dollar and stand to collect \$1.30 on every dollar they place on the underdog Philadelphia Phillies.

The Rays are favoured largely because they have home-dome advantage in the seven-game Series, which opens in Tampa tomorrow night. Interestingly, the Rays seized the home advantage for the Series when one of their pitchers, **Scott Kazmir**, won the All-Star Game for the AL back

in July. Advice: Take Philly. The Phils' lineup is stacked with more prolific and more experienced batters than Tampa's and they have an almost-unhittable closer in **Brad Lidge**.

• Some oddsmakers also have put out a line on the Series' prospective television ratings — and they're suggesting viewership will be extremely low.

Last year's Series — a four-game sweep by the Boston Red Sox over the Colorado Rockies — drew the second-lowest ratings in Series history with a 10.6 share. The over/under for this Series is a 10.2 share. Visit BetOnline.com for details.

• If you're human, you're rooting for the Rays' **Rocco Baldelli**, who delivered the most important hit in his team's history — the game winner in the AL Championship Series against Boston Sunday night. Baldelli suffers from a mitochondrial disorder that leaves him easily exhausted and could, after the Series, end his career.

"Every single thing I used to do on the field, I used to do hard," Baldelli told me earlier this season. "I can't go hard any more."

In fact, Baldelli couldn't finish Sunday's game after becoming weary. He was replaced in the seventh inning by ex-Blue Jay **Gabe Gross**.

• Still smarting from



The Rays' Rocco Baldelli suffers from a career-threatening mitochondrial disorder.

their ALCS loss, the Bosox are aiming to fortify their pitching, offering a package of prospects and cash to San Diego for ace **Jake Peavy**, whom the Padres have deemed expendable ... The Bosox also hope to reacquire free-agent-to-be **Derek Lowe**. The Jays also covet Lowe, who isn't interested in returning to the Los Angeles Dodgers.

Also likely to leave the Dodgers as a free agent is outfielder **Manny Ramirez**, who said: "I want to see who is the highest bidder. The price of gas is up and so is my price." Two notable names who've applied to become the Milwaukee Brewers' new manager: **Willie Randolph** and **Paul Molitor** ... And expect this soon: The engagement of **Alex Rodriguez** and **Madonna**.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

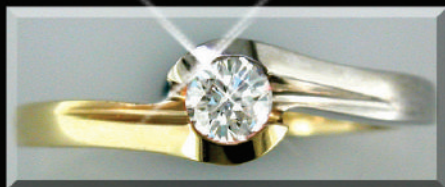
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Joining the fight

All profits from the sale of Green Beaver's "For my sister" all-natural deodorant, right, go to breast cancer research. \$6.99 at Whole Foods. **METRO NEWS SERVICES**



metronews.ca

11

Health



For the love of lavender

Launched as a testament to Magic Bag's commitment to the comfort and well-being of women, the special pink ribbon edition Magic Bag Lavender Wrap — which offers heat and cold therapy with the aromatherapy power of lavender — hit stores earlier this month. Three per cent of product sales — a target of \$25,000 — will be donated to support breast cancer research in Canada. The Magic Bag Lavender Wrap, \$29.99, is available at drugstores across Canada. **METRO NEWS SERVICES**

Help close to home

KIM MANNIX VERMETTE
for Metro Ottawa

When she started as executive director of Breast Cancer Action Ottawa (BCA) this past July, Colleen Lyle knew she had a big challenge ahead of her.

Continuing the important work, and increasing the profile of the local charity were her number one priorities. What she didn't expect were the daily rewards she gets — both personally and professionally — by working with and for breast cancer patients and survivors.

"It's very emotional, and sometimes it's happy and often it's sad, but it's very rewarding too," Lyle says.

"What makes me proudest is when I see women who've been there from the start, 15 years ago, still

helping us fundraise or volunteering because we made a difference in their lives when they needed it."

The local organization, formed in 1992, and receiving its charity status the following year, has been a resource for thousands of women diagnosed with breast cancer in the community.

BCA is a survivor-directed organization whose mission is to provide information, support and education to women and men diagnosed with breast cancer through a variety of pre- and post-operative services, peer support groups and exercise and rehabilitation classes.

"When they come to our pre-operative sessions, they're really new in their diagnosis," Lyle says.

"They're scared and so we have a nurse there, a social worker, and a volun-

teer who've also been through breast cancer. We find it not only serves the purpose of information sharing, but is a way they can feel more comfortable."

The organization does not receive government or United Way funding. In order to keep so many of its services free, BCA relies on fundraising and grants.

The charity works in cooperation with other charities and organizations in the fight against breast cancer, but Lyle stresses that BCA has from the start remained a local, grassroots organization.

In addition to the services BCA offers, Lyle says the goal is to also increase resources for women who may not have breast cancer yet, but have been identified as carrying the breast cancer gene, and to re-introduce breast health



Colleen Lyle, executive director of Breast Cancer Action Ottawa.

programs for young women in the city.

In addition to their daily fundraising, BCA hosts events such as the upcoming Autumn Gala and Auction Nov. 14, as well as walks, golf tournaments and the Pink Tea.

"Really, what we just want people to know is that even though cancer is a very scary thing, you don't have to fight it alone," says Lyle.

For more, visit bcaott.ca.

Breast cancer, coffee link tenuous

CELIA MILNE
for Metro Canada

RESEARCH Drinking coffee doesn't seem to increase your overall risk of getting breast cancer. But the relationship between caffeine consumption and breast cancer is not crystal clear, according to a report in a recent issue of Archives of Internal Medicine.

Doctors in Boston and Tokyo studied 38,432 women over age 45. For the study, these women provided detailed information about what they ate and drank, and doctors charted the women's health for about 10 years. In that time, 1,188 of the women developed malignant breast cancer. Overall, drinking coffee or con-

suming other caffeinated foods was not linked to the risk of breast cancer.

More analysis revealed that the risk of certain types of breast cancer was higher with a larger amount of caffeine consumption. "The mechanisms by which caffeine may affect breast carcinogenesis [cancer development] are complex and remain unclear," the authors wrote.

The J Spot

Josey Vogels

Read this week's column online at metronews.ca

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Did you know that oral cancer is the **sixth most common form of cancer**? More people will be diagnosed with oral cancer than with cervical or skin cancer. Sadly, the tendency for oral cancer to be diagnosed at a later stage also means that **more people will die from oral cancer** than many other forms of the disease.

Furthermore, even when it is not fatal, oral cancer leaves many of its victims with **chronic pain, loss of functionality of the jaw or facial or oral disfigurement**. Given all of this, it is a wonder that more attention is not paid to this devastating form of a terrible disease.

As dentists, we feel it is vital that we do pay attention to this disease. That is why every dental check up we perform includes an oral cancer check. It is also why we are pleased to offer our patients early screening with the use of **Vizilite Plus** as part of that cancer check.

Vizilite Plus uses a combination of a cleaning solution and a specially designed light to **help locate potentially cancerous**

lesions in your mouth. The rinsing solution adheres to the lesions causing them to appear coloured when the **Vizilite Plus** light is used. This way, **lesions that might not be visible to the naked eye** can be located at a much earlier stage.

Early detection is the primary benefit of **Vizilite Plus**. In many cases, it can help locate lesions in their pre-cancerous stage. This will allow you to seek treatment **before** the cells become cancerous. **And we all know the importance of early detection.**

We recommend an oral examination, complete with **Vizilite Plus**, once per year. **Vizilite Plus may be one of the best diagnostic tools to reduce the risk of a late diagnosis. However, it can only help if you visit your Dentist.** So take that first step and contact your dentist to schedule an appointment. Don't be afraid

to ask your dentist if s/he uses **Vizilite Plus**.



Healthy Habits Lead to Healthy Lives
Dr. Bao Nguyen
Dental Surgeon

In the meantime, **be aware of some of the other signs of oral cancer.** These might include a persistent sore that does not heal, a white, red or speckled patch on the mouth, bumps or swelling of the lips, gums or elsewhere in the mouth, difficulty in swallowing, chewing or even moving the tongue, unexplained bleeding from the mouth.

These are just some of the signs that you might have oral cancer. If you are experiencing some of these signs, **contact your dentist immediately. It could be a call that saves your life!**

Even if you are not experiencing any of these symptoms, ask your dentist about oral cancer and **Vizilite Plus**...because screening for cancer is a healthy habit...and healthy habits lead to healthy lives.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered **YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:**

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

Steve Carell is reportedly in talks to resurrect the work of late comic Peter Sellers. Carell is said to be negotiating a deal to remake 1967 film *The Bobo*, which originally starred Sellers and Britt Ekland, with himself in the lead role. IMDB.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Perfect storm

Keane album drops as financial crisis hits

BRYAN BORZYKOWSKI
for Metro Canada

It's tough to imagine that America's crumbling economy would affect a giant rock band like Keane, but even they're worried that people will forgo buying their new disc and download it for free instead.

"As the group's drummer I think people should pay for music," says the London-based trio's beat keeper Richard Hughes. "But I understand that some people won't be able to afford it."

"It's a bit like Barack Obama when he says health care is a right, not a privilege. Well, music is a right and I'd rather people hear it than not."

The fact that the world's love of excess and overspending is coming to a shocking halt right as the band release third album, *Perfect Symmetry*, is an odd coincidence, since the new music touches on these themes.

"The record is about this kind of stuff," he says. "We know we're pissing away billions of pounds on bombs and guns and warships. We should be building better hospitals and homes for the people who walk around London that don't have homes."

While lyrics such as "maybe you find, life is unkind and over so soon, there is no golden gate, there's no heaven waiting for you," from the title

track is dark, the music is anything but. In fact, Keane have transformed themselves from a brooding, piano-driven band into upbeat '80s rockers.

Hughes says Keane is just trying new things. "We've always loved bands that surprise you with their next record," he says, citing David Bowie, Talking Heads and Depeche Mode as influences. "Take Radiohead. They're always trying to do something bolder and different each time. It's difficult to do, but once you establish yourself you can do it and it gives you total freedom."

While it's important to note the new tools in the band's musical arsenal, you can't help but listen to



Perfect Symmetry, the new album from Keane, is now available.

the album and think of the elephant that's still in the room: singer Tom Chaplin's addiction.

The singer went to rehab in August 2006 to kick an alleged drug habit that made recording their last album, *Under The Iron Sea*, extremely difficult. The band avoided the topic on the new disc, because to them the story is old news.

"It's all over the music on the second album," admits

Hughes. "It was a very dark record, and by now it feels like ancient history."

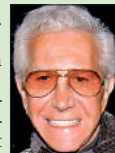
During the most trying times of Chaplin's addiction, Hughes wasn't sure the band would continue on. But they have, which might explain the happier sounds emanating from the new disc. "We enjoy playing together again," he says. "It was as if we broke down, got fixed and then we were sent on our way."

Bourne again

Matt Damon is to star in a fourth Bourne movie. The actor is reportedly set to return to the role of the amnesiac spy Jason Bourne, with director Paul Greengrass again at the helm. FEMALEFIRST.CO.UK

Fashion critic Mr. Blackwell dies: Reports

PEOPLE Mr. Blackwell, the fashion maven whose annual "worst-dressed" list could be the bane of Hollywood



Mr. Blackwell

celebrities, has died at age 86, according to reports.

Richard Blackwell, born Richard Selzer, had been in failing health for some time and in August was reported to be in a coma after a fall at his Los Angeles home. The Los Angeles Times quoted his publicist as saying the former actor and designer died Sunday in hospital.

Blackwell issued his "worst-dressed" list for 48 years and it became watched around the world. Last year he put Victoria Beckham at the top of his list, saying: "...in one skinny-mini monstrosity after another, pouty 'Posh' Beckham can really wreck-em."

REUTERS

George goes green

JIM REYNO
Metro Canada

Do you have the time, ability and resolve to do one million things to help the environment? Probably not. But surely, you have the time, ability and resolve to do just one.



Stroumboulopoulos

That's the point of One Million Acts of Green — a nationwide environmental campaign that kicks off tonight on CBC TV's *The Hour* with George Stroumboulopoulos.

"It's not about changing the world, it's about people changing their world," Stroumboulopoulos said in an interview in his office. "This is for the people who would actually like to do something. That's it. This isn't about changing attitudes."

Here's how it works. All you have to do is commit one "green" act (or more) and register on the One Million Acts of Green website (onemillionactsofgreen.com). The site launch will coincide with *The Hour* broadcast at 11 p.m. local time tonight.

The idea is to get at least one green act from each individual, amassing to a million. Once you've registered your act, you can see the positive effect you're having by using the green calculator designed by GreenNexus.

"There's a carbon calculator, so you'll see the impact," he said. "You actually have a takeaway value, so you know what you've done."

What's a green act? It's switching to compact, fluorescent light bulbs. It's walking or biking to work. It's buying locally grown organic food instead of prepackaged products that are bad for the environment.

"It's turning off the water when you're brushing your teeth," he suggested. "That, actually, I believe, has a bigger impact than a lot of the stuff that people would think of doing."

Stroumboulopoulos said the website will be the "hub" of the One Million Acts of Green campaign.

"You can come to this portal and we'll show you a couple of the easy ways where you can participate, and then commit an act," he said.

One Million Acts of Green will run over *The Hour*'s entire season, through June. "I think we can get it done by spring," he said about hitting the one million mark. "We have reached out of all of the communities, school boards, provinces. We've reached out to so many people, and the reaction has been remarkable."



entertainment 13

What of Mad Men's fate?

WANTED — A FEW GOOD MEN: With barely a week left before the season finale of *Mad Men*, we've been reassured that the show has been renewed for a third season, though whether series creator Matt Weiner or any of the lead actors will be coming back is still up in the air.

According to a Fox News story, AMC and Lionsgate, the show's network home and producers respectively, are frantically negotiating to get Weiner on board for season three, which is probably a big part of any deal they'll have to make with Jon Hamm, John Slattery, or the rest of the show's cast, none of whom apparently signed up past two seasons of what, back before it hit the air, was probably a neat but iffy-looking project.

"Hamm in particular poses a problem since he's turned into a huge breakout star," the Fox News story speculates. "If *Mad Men* ended right now, the 36-year-old actor could go to movies and easily become the next George Clooney."

The latter sounds like a bit of a stretch; though

IntelleVision



rick.mcginis@metronews.ca

Hamm has ably inhabited the enigma that is *Mad Men*'s Don Draper — this past Sunday's episode certainly proved that — and is an undeniable factor in the show's success, there's no reason to believe his transition to the big screen is a sure thing.

The Fox News story probably had it right, however, when they stated that renegotiating Hamm's contract is "going to cost them more than they've probably ever paid for anything."

The same goes for Weiner, though it might be overreacting to imagine the odds are decent that AMC will come up short and end up sending Lionsgate to talk to another network — such as HBO, for instance, who would "pay just about anything to take it given their disappointing schedule right now."

This might be undeniably true, but it just sounds like wishful thinking overall. HBO legendarily turned down the show before Weiner, a writer on HBO's *The Sopranos*, took it to AMC, who were looking to get into the drama market.

Acquiring *Mad Men* might give HBO its mojo back, though it might just as easily make the once-untouchable quality cable leader look like it's been reduced to taking an upstart network's sloppy seconds.

In any case, it's unlikely that AMC will give up the show that easily, and fall back on *Breaking Bad* as its marquee title, especially after the money they've invested in promoting the show over the summer.

I've despaired about the return of *Mad Men* for a third season before, but its survival has never looked more certain, even despite contingencies such as the (always reliable) greed of agents with the upper hand.

Rick McGinnis writes about music, movies, books and television, but not opera.

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Depuis le dégel des frais de scolarité imposé par Dalton McGuinty en 2006, ceux-ci augmentent jusqu'à 36%. L'Ontario deviendra la province où l'éducation post secondaire sera la plus coûteuse au pays.

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www.abaslesfrais.ca

Since Dalton McGuinty lifted the tuition fee freeze in 2006, fees are set to increase up to 36%. This will make Ontario the most expensive province to get a post-secondary education in the country.

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DVD pick

The Incredible Hulk

Director: Louis Leterrier
Rating: PG-13

DIRECTOR Louis Leterrier gets back to comic-book basics, delivering enough chases and smackdowns to satisfy many a fanboy.

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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/21/08	265	353	2	TVO Undersea Exp.	Parks	The Agenda With Steve Palkin	East West 101 (N)	Chinese School "Loved Ones"	Agenda-Palkin			
	211	331	3	GYT ET Canada	Entertainment	House "Lucky Thirteen"	90210 "Lucky Strike"	Kitchen Nightmares	News (N)			
	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)	La Zone		
	209	342	6	CHRO Robson Arms	TMZ (N)	Pushing Daisies (N)	Fringe "The Cure" (N)	(10:01) Eli Stone (N)	News (N)			
	196	311	7	CTV Hollywood	etalk	Criminal Minds (N)	Dancing With the Stars	Law & Order: SVU	News (N)			
	208	303	8	CBC Coronation St.	Jeopardy! (N)	Rick Mercer	The Tudors	CBC News: The National	The Hour			
	-	360	9	NBC Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)	La Promesse (SC)	Law & Order: SVU	News (N)			
	117	713	10	TVA Occupation	Videos	Histoires-filles	La Verité choc	TVA 22 heures (10:45) Denis Lévesque	Loft Story			
	-	11	GS	Beauté	Loft Story	Génération séduction	Les Cousins *** (1959, Drame) Gérard Blain	Cent dix pour cent (SC)	Carnets d'ex			
	137	763	12	TFO Panorama	Dr. Phil (HDTV)	NCIS "Nine Lives" (N)	The Mentalist (HDTV) (N)	Without a Trace (N)	Two/Half Men			
	-	362	13	CBS	Cold Case	News (N)	News (N)	King	Cold Case			
	216	395	14	OMN2	Law & Order: SVU	Opportunity Knocks (N)	Privileged (HDTV) (N)	NY-Hollywood	Friends			
	214	344	15	CITY	Two/Half Men	News (N)	Vivere III	The Simpsons	King of the Hill			
	115	343	16	CFMT	The Insider (N)	The Biggest Loser: Families (N)	Dancing With the Stars	Pam: On Loose	Sunset Tan			
	218	345	18	EL	News (N)	From the Heart WXYZ TVs	100 Huntley Street	(10:01) Eli Stone (N)	News (N)			
	-	351	20	ABC	Entertainment	À la une	Fringe "The Cure" (N)	Life Today	Tête-à-tête			
	512	396	24	CPAC	(4) Dossier public	Michael Coren Show	Frontline Big business and the environment. (DVS)	This Is Day	Dossier public			
	651	355	25	CTS	Happy Days	House "Lucky Thirteen"	News (N)	News (N)	John Hagee			
	-	365	26	FOX	Seinfeld	Nova (HDTV) (N) (DVS)	Frontline Big business and the environment. (DVS)	News (N)	News (N)			
	-	64	PBS	Business Rpt.	Whiz Quiz	Criminal Minds (N)	Dancing With the Stars	Law & Order: SVU	Tavis Smiley			
	205	312	104	CTV	Hollywood	The Hour	CBC News: The National	Mad, Bad & Ugly Drivers	News (N)			
	502	390	26	NW	CBC News	CNN Election Center	Larry King Live	Anderson Cooper 360 (HDTV)	National			
	500	500	33	CNN	Lou Dobbs Tonight	CNN Election Center	Best Damn Sports Show	Sportsnet Connected (Live)	Hockey Central			
	126	470	27	net	Boxing Jelena Mrdjenovich vs. Laceysha Williams	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct sur l'économie	Le Téléjournal			
	400	280	30	TSN	NHL Hockey Anaheim Ducks at Toronto Maple Leafs. (HDTV) (Live)	NHL Hockey Washington Capitals at Calgary Flames.	Poker: Canadian Open	Score Tonight	Hockey Talk			
	410	403	42	SCR	Cabby Unlimit	World Series of Poker	Angry Planet	Flying Doctor	Pilot Guides			
	411	457	56	OLN	Amazing Race	Survivor	Low Life	SuperCars	Super Bikes!			
	417	406	59	SC	Pinks (HDTV)	Pass Time	Unique Whips	American Dad	Robot Chicken			
	554	544	48	TEL	Grim Adv	Ghosts-Scoboy	Ghosts-Scoboy	Ned's School	Cory in House			
	557	540	51	FAM	Wizards-Place	That's Raven	Malcolm-Mid.	Mystery Hnt.	Adrenaline Proj			
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Don't Forget the Lyrics!	Party of Five			
	570	580	29	MM	mimtop	Where You At	MuchMoreLive Music	The Rookies	The Rookies			
	615	520	31	A&E	The First 48 (HDTV)	The First 48	The First 48 (HDTV)	Scream 2008 (HDTV) Celebration of creative talent. (N)	Scream 2008			
	628	584	32	SPKE	(6) Star Wars VI: Return of the Jedi	1983, Science Fiction)	A New Face For Marlie	Dr. G: Medical Examiner	Face-Marlie			
	521	560	34	TLG	That's Gotta Hurt (HDTV)	Pékin express: la route de l'Himalaya	The Best Years (DVS)	Les Champions de la nature	Journal TV5			
	145	761	35	TVS	Toute une histoire	Live at the Rehearsal Hall	Destroyed	Rockability 514	Law & Order			
	610	521	39	SHO	About a Girl	How It's Made	Destroyed	Mighty Ships	Daily Planet			
	520	505	42	DIS	Desperate Housewives	Home Improve.	Reba	Hope & Faith	Cheerleaders			
	575	583	43	CMT	Canada Countdown	Wedding SOS	Rich Bride, Poor Bride	Tori & Dean: Home	Wedding SOS			
	601	562	45	SLC	End of Leash	ET Canada	Corner Gas	S Silverman	Fit-Conchords			
	625	548	46	COM	Air Force	Just for Laughs	Star Trek: Next Gener.	Rabbit Fall	The Circuit			
	294	529	47	TBS	House-Payne	House-Payne	Pure Design	Colin & Justin's Home Heist	Stargate SG-1			
	600	564	49	H&G	House Hunters	Property Virgin	Star Trek: Next Gener.	Paris Hilton's My New BFF	MTV Live			
	627	528	50	SPC	Lost	MTV News	MTV News	Seinfeld	King			
	581	566	53	MTV	Busted-Girls	After	Planet Soap	NCIS "Bête Noir"	Crime Stories			
	618	524	54	TROP	Beverly Hills, 90210	Outlaw Bikers	Mayday (HDTV)	Un tueur si proche (HDTV)	Docu-D (HDTV)			
	522	506	55	HIS	NCIS "Bête Noir"	Bless-Father	On the Buses	The Nature of Things	MythQuest			
	129	773	60	CD	Biographies "Matt Damon"	Three Fat Brides	Style by JURY	How to Look Good Naked	Mixed Blessing			
	269	505	62	W	Will & Grace	Friends	Wapos Bay	Paris Hilton's My New BFF (N)	TMZ			
	621	527	71	TLK	The Ellen DeGeneres Show	TMZ (N)	etalk	The Tonight Show-Jay Leno	Restaurant			
	603	561	95	FN	The Main	Chef at Home	Restaurant Makeover	The F Word Food and fertility.	Chef School			

critics' corner

Corner Gas

Possession is how much of the law? In "Telescope Trouble," Wanda (Nancy Robertson) has just purchased a new telescope and is desperate to keep it from getting stolen. Meanwhile, Brent (Brent Butt) has an interesting time trying to find a repairman to fix an automatic door. Emma and Oscar (Janet Wright, Eric Peterson) decide to go camping in a nontraditional place. 11:30 AM on 46 COM



East West 101

The title of this new episode, "Haunted by the Past," describes both the victim and Malik (Don Hany). As the Major Crime Squad investigates the murder of a Serbian car dealer — who may have been hiding some dark secrets behind his respectable businessman's facade — Malik becomes obsessed with finding out the truth about John Hunt (John Brumpton). Specifically, he thinks Hunt was an armed robber — and his father's killer. William McInnes also stars. 9 PM on 2 TVO

Mother-of-six actress Angelina Jolie will reportedly quit acting as soon as it starts to affect her role as a parent. "As long as I can be with my family, it's fun," she said. **IMDb.COM**

Celebrity Buzz

Madge to stay in London

BREAKUP Madonna has vowed to stay in London despite the breakup of her marriage, femalefirst.co.uk reports.

The singer was expected to return to the United States after the breakdown of her nearly eight-year marriage to director Guy Ritchie, but reportedly wants to remain in London for the sake of the three children they raise together: Lourdes, 12, Rocco, 8, and David, 3.

"Everyone expected

Madonna to go and live in New York, taking the chil-

dren with her. But despite some of the unhappy memories that London holds, she still feels that it's the best base for the kids," a source told Britain's Daily Mirror newspaper.

"They are very happy at their school and she doesn't want anything to interfere with that. London still has a massive hold on her and it's hard to just shake off."

METRO NEWS SERVICES



GITTY IMAGES PHOTOS

Kidman a rancher at heart

PEOPLE Actress Nicole Kidman has purchased a cattle ranch in Australia after she learned how to be a cowgirl while shooting her new movie, imdb.com reports.

The Oscar-winner stars alongside Hugh Jackman in new film Australia, and had to herd cows for her role in the film.

Kidman insists that despite her initial reservations about the gruelling stunts, she now loves the lifestyle so much she has bought her own ranch.

"I was terrified beforehand," she says. "I even had to learn how to cut cattle. But once you mas-

ter it it's so much fun. Now I can crack a whip, herd cattle, cut a cattle out of the herd, which is amazing. I can't believe I can do it.

"I've bought a company out in the country outside of Sydney. We don't have to muster them though, because there's only 40. They are basically on the property to keep the grass short."

METRO NEWS SERVICES



Mayer writes love song to woo Aniston back

RELATIONSHIPS John Mayer reportedly wooed actress Jennifer Aniston back by writing her a love song, femalefirst.co.uk reports.

The singer, who called off his three-month relationship with Aniston in August, also reportedly promised to quit smoking and drinking to cement their romance.

"John has even written a song about their time together and played it to Jennifer who was incredibly touched," a source says.

"He initially called things off because he didn't feel ready for commitment. But after a considerable time apart, his priorities have changed and he wants to make a go of things."

After their split Aniston was reportedly so devastated she refused to speak to him.

METRO NEWS SERVICES



celebrity briefs

Like mother, like daughter

PARENTING Tom Cruise and Katie Holmes' two-year-old daughter Suri has her own dressing room at the New York theatre where Holmes is making her Broadway debut, imdb.com reports.

Holmes is combining her run in Arthur Miller's All My Sons with her role as a mom, and has kitted out a room backstage at the Gerald Schoenfeld Theatre, so Suri is never bored.

"It's a great schedule, because (Suri and I) get to spend the whole day together and then I go and do the play. Then I come home and we play some

more," Holmes says.

"We have a dressing room that is transformed into a playroom. It has a little piano."

METRO NEWS SERVICES



celebrity briefs

Stone speaks out about ageism

AGING Turning 40 was a big deal for Sharon Stone because suddenly movie roles and freebies reportedly dried up, imdb.com reports. The actress admits she was looking forward to becoming a 40-something back in 1998, but ageist attitudes to Hollywood stars left her floored. "I thought ... I'm fantastic and sexy and amazing," she tells More magazine. "(But) it was like 'You have leprosy.' I couldn't get a dress or a job." She bounced back with acclaimed roles in the movies Casino,

Broken Flowers and Bobby, and turned 50 this year.

METRO NEWS SERVICES



Craig got 007 news while shopping

CASTING Daniel Craig discovered he'd be taking over from Pierce Brosnan as superspy James Bond while grocery shopping in Baltimore, Md., imdb.com reports.

The actor was in a Whole Foods supermarket when Bond producer Barbara Broccoli called to tell him he was the next 007.

"She went, 'Over to you kiddo,' so I put down the groceries, went straight into the liquor store, bought a bottle of vodka and got smashed," he reportedly said.

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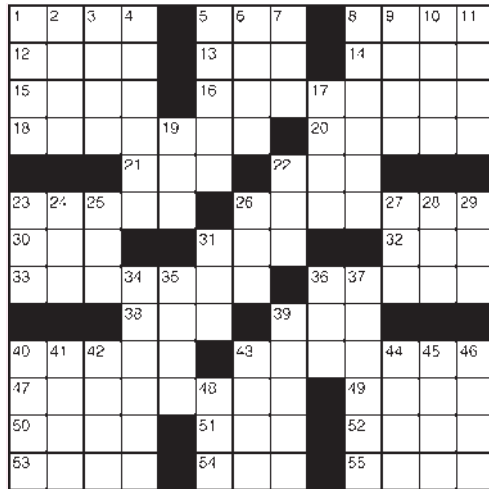
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Take Five



Crossword across

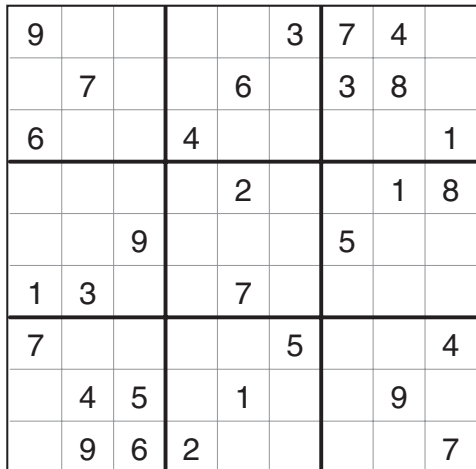
- 1 Body powder
- 5 Heart chart (Abbr.)
- 8 Heavy reading
- 12 — friendly
- 13 That woman
- 14 Mimic
- 15 Boyfriend
- 16 Lincoln biographer
- 18 Bedtime visitor
- 20 Facilitates
- 21 Parched
- 22 Way out there
- 23 Approves
- 26 Happy Gilmore portrayer
- 30 Lair
- 31 Bushy-tailed critter
- 32 Raw rock
- 33 KFC colonel
- 36 Stick in the mud?
- 38 Whatever number
- 39 Old New Zealand bird
- 40 "A Bell for —"
- 43 Summer footwear
- 47 Dagwood's specialty
- 49 Coagulate
- 50 "American —"
- 51 West of Holly-wood
- 52 "— Named Sue"
- 53 Top-rated
- 54 Schedule abbr.
- 55 Window sheet

Crossword down

- 1 Vats
- 2 Cruising
- 3 Tilt
- 4 Gunky
- 5 English home-work, maybe
- 6 "Star Trek II" villain
- 7 Army bigwig (Abbr.)
- 8 Knight's tunic
- 9 Piece of work
- 10 Unembellished
- 11 Work units
- 17 College boss
- 19 "— Doubtfire"
- 22 Transmit quickly
- 23 "— bodkins!"
- 24 Mauna —
- 25 Raggedy doll
- 26 "Mayday!"
- 27 High shot
- 28 Before
- 29 Scarlet
- 31 Sauté
- 34 Bounce playfully
- 35 Sufficient, in verse
- 36 A billion years
- 37 Wild and crazy
- 39 "Real Time" moderator
- 40 Europe's neighbor
- 41 Pedestal part
- 42 In due time
- 43 Cicatrix
- 44 Actress Jessica
- 45 Symbol of craziness
- 46 Eyelid woe
- 48 "— little teapot ..."

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Recipe of the day



Beef Waldorf

INGREDIENTS:

- 10 oz (300 g) beef tenderloin, trimmed of fat, cut into 2 fillets ¾ in. (2 cm) thick
- 1/4 tsp (1 mL) olive oil
- 1 cup (250 mL) radishes, thinly sliced
- 3 carrots, grated
- 1 small yellow pepper, seeded and cut into thin rings
- 3 celery stalks, sliced diagonally
- 3 scallions, sliced diagonally
- 2 tbsp (25 mL) chopped walnuts
- 1/2 cup (125 mL) raisins
- 2 small apples
- 2 tsp (10 mL) lemon juice
- 2 cups (500 mL) arugula leaves or other salad greens
- Salt and pepper

DRESSING:

- 2 tbsp (25 mL) grainy mustard
- 3 tbsp (45 mL) light mayonnaise
- 3 tbsp (45 mL) plain low-fat yogurt

METHOD:

1. Brush steaks with oil and season with pepper. Heat non-stick skillet over medium-high heat. Add steaks and cook for 3

- minutes per side for medium-rare or 4 minutes per side for medium. Remove steaks from pan and let cool for at least 15 minutes.
2. For dressing: Combine mustard, mayonnaise and yogurt in a small bowl.
3. Put radishes, carrots, yellow pepper, celery, scallions, walnuts and raisins in a large bowl. Quarter and core apples, then cut into 1-in. (2.5-cm) chunks and toss in lemon juice. Add to bowl with half the dressing and turn to coat. Season lightly with salt and pepper.
4. To serve, pile arugula or other salad greens on 4 plates and spoon apple and vegetable salad alongside. Cut steak into thin slices and arrange on top. Drizzle with remaining dressing.

SERVES 4



Horoscopes

ARIES

MARCH 21-APRIL 20
Heed the tidbits heard through the grapevine. A secret love will come to your attention. Promote your concepts for an ambitious project.

LIBRA

SEPT 23-OCT 23
A sweetheart will make the usual excuses. A secretive buddy is in awe of you. Don't laugh if a woman takes the lead at a rendezvous.

TAURUS

APRIL 21-MAY 21
A relationship is due to take place. Brilliant ideas will justify an emotional roller coaster. Outlandish antics can give you some relief.

SCORPIO

OCT 24-NOV 22
Hostility decreases after chaotic events. Get down to business with a realistic budget. A necessary encounter is fated to work for the best.

GEMINI

MAY 22-JUNE 21
Travel through time to find your happiness. A sweetheart's friend will share good news. Someone will be grateful for a romantic encounter.

SAGITTARIUS

NOV 23-DEC 21
Something is wrong with an interesting visitor. A man pays the price for an unpopular decision. Be direct with your loved ones.

CANCER

JUNE 22-JULY 22
Pay the bills to get emotional security. Remain calm when suspicion causes fear. Talking gibberish isn't a good idea.

CAPRICORN

DEC 22-JAN 20
Restlessness will reveal a lack of knowledge. Give the gift of time to a child. Be sure of your facts before speaking.

LEO

JULY 23-AUG 23
An eccentric is shrewdly successful. An admirer makes a dreadful mistake. Make a promise to agree with a loner.

AQUARIUS

JAN 21-FEB 18
Ridiculous restrictions will dissolve effortlessly. Somebody's anger will not wreck the day. An absentminded playmate runs into an old flame.

VIRGO

AUG 24-SEPT 22
A companion's wrongdoing creates a fuss. A challenger goes astray before making an announcement. An elder has crucial information.

PISCES

FEB 19-MARCH 20
You can expect approval from a fortune-hunter. A prankster has an unexpected decision to make. Loyalty leads to caution in the night.



This day in history

- OCT. 21, 1879: Using a filament of carbonized thread, Thomas Edison tests the first practical electric incandescent light bulb (it lasted 13½ hours before burning out).
- OCT. 21, 1945: Women are allowed to vote in France for the first time.
- OCT. 21, 1967: Vietnam War: More than 100,000 war protesters gather in Washington, D.C. A peaceful rally at the Lincoln Memorial is followed by a march to The Pentagon and clashes with soldiers (event lasts until October 23; 683 people were arrested). Similar demonstrations occurred simultaneously in Japan and Western Europe.

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